

DINNERLY



Pork Steaks and Couscous with Harissa Apricot Chutney and Broccoli



25 minutes



2 Servings

We've made pork steaks that extra bit fancy by teaming it with a spiced apricot chutney and harissa-spiced couscous. With all that flavour happening, we've kept the broccoli nice and simple – lightly pan-fried, then steamed until just tender.

WHAT WE SEND

- 1 head broccoli
- 1 red onion
- 2 pork loin steaks
- 150g couscous¹
- 5g harissa seasoning¹⁷
- 30g diced dried apricots¹⁷

WHAT YOU NEED

- 2 garlic cloves
- 20g butter⁷
- 1½ tbs olive oil
- 200ml boiling water
- 2 tsp white wine vinegar¹⁷
- 2 tsp sugar

TOOLS

- small saucepan
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 800kcal, Fat 33.4g, Carbs 69.7g, Proteins 51.0g



1. Prep ingredients

Cut the **broccoli** into small florets. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. Chop **20g butter**. Put the garlic and **2 tsp olive oil** in a large bowl. Season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat.



2. Soak couscous

Put the **couscous**, **butter** and **1½ tsp harissa seasoning** (see Make it yours) in a large heatproof bowl, pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



3. Make chutney

Meanwhile, heat **2 tsp olive oil** in a small saucepan over medium heat. Cook the **onion**, stirring, for 3-4 mins until softened. Add **½ tsp harissa seasoning** and season with **salt and pepper**. Add the **apricots**, **2 tsp white wine vinegar**, **2 tsp sugar** and **2 tbs water** and cook, stirring occasionally, for 1-2 mins until thickened. Remove the pan from the heat.



4. Pan-fry pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 4 mins each side or until browned and cooked through (look for 'blush pink', which ensures the meat is tender and juicy). Remove from the pan and rest for 4 mins. Heat **2 tsp olive oil** in the pan over medium-high heat. Add the **broccoli** and cook, stirring for 3-4 mins until golden. Reduce the heat to low.



5. Serve up

Add **1 tbs water** to the broccoli (take care, as the water will steam and bubble up). Cover with the lid and cook for a further 3-4 mins until the water evaporates and the broccoli is tender. Remove the pan from the heat. Season with **salt and pepper**. Divide the **pork**, **couscous** and **broccoli** among plates, spoon over the **chutney** and enjoy!



6. Make it yours

To make this dish milder or completely heat-free, reduce or omit the harissa seasoning from the couscous and chutney (Step 3).

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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